

Returning to School after the Holidays



I



really



like

being



home



with



my

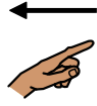


family

for the



summer holiday.



I've been



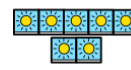
at



home

for

6



weeks.



But,

now

it is



time

for



me



to go



back to

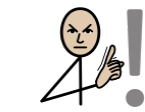


school.



Going to school

is

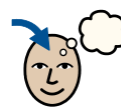


important

so

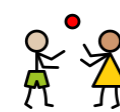


I can



learn

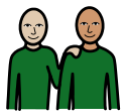
and



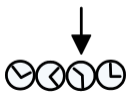
play



with



friends!



Sometimes



I

am worried

or



upset



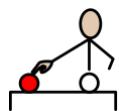
when

it is



time to

go to school.



That

is



ok.

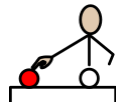
The adults



in school



know



that

sometimes



I




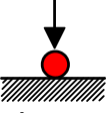


find







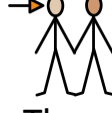







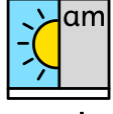




school


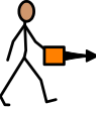
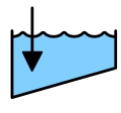

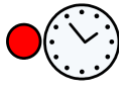

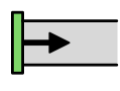





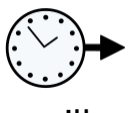
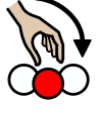






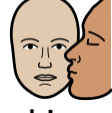

tricky







 and  are here to  help  me.

 A trusted adult  can  help  me  feel  better. They  could 

 help  me  with  my  morning  task,  have  a chat  or help

 me  take  deep  breaths  before  I  start  my  learning.

 I  will  try  to  give  my  parents  a  hug,  kiss,  high five

 or  wave  when  I  go into  school.

 I can  tell  myself:  When  school  is  done,  I can  come back

 home!

 When  I  get  home  from  school,  I can  hug  my  parents  and

ones + tell them about my day at school!

Going to school after I have been home for a long time might

make me feel anxious. It will be ok! I will learn

about my new teacher and get to play with my friends.

I will always come home after school